

I PLEDGE:

- To support healthy meetings in the workplace
- To make the healthy choice the easy choice
- To ensure fresh fruits and vegetables are part of every meeting
- To ensure snacks and meals are portion-controlled
- To ensure snacks and meals are reduced or low in sodium
- To ensure water is available at every meeting
- To make physical activity a priority at every meeting by scheduling it in the agenda or encouraging employees to stand or move

Name of Individual Taking the Pledge

Name of Organization

Date

Acknowledgement of Support

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